

## Keep Community-Associated MRSA-Safe in a Public Place

By practicing a few simple tips while you are at the gym, playground or other public place, you can reduce your chance of contracting CA-MRSA.

- Keep wounds covered while visiting the gym or recreation facility
- Shower with soap and water after workouts, practices or competitions
- Wash hands with soap and water frequently
- Wipe down shared workout equipment, like mats or stationary bikes, with disinfectant before and after using, if possible
- Do not share gym towels



*This brochure is provided  
as a courtesy of the City of Carlsbad's  
Fire Department.*

**For more information  
about CA-MRSA, visit:**

**[www.carlsbadca.gov](http://www.carlsbadca.gov)**

**[www.cdc.gov/drugresistance](http://www.cdc.gov/drugresistance)**



Methicillin-resistant  
Staphylococcus aureus

Community-Associated  
**MRSA**  
Infection Protection



**WHAT YOU  
NEED TO  
KNOW**



## IDENTIFY

### What is CA-MRSA?

CA-MRSA stands for Community-Associated Methicillin-resistant *Staphylococcus aureus*, which can cause illness in persons in the community who have not been hospitalized. Staph or CA-MRSA infections



*Staphylococcus Aureus lab test*

seen in the community usually look like skin infections such as pimples and boils and may be mistaken for a spider bite. Methicillin is a form of Penicillin (an antibiotic) used to treat infections. *Staphylococcus aureus* is a germ that is commonly found in the nose and on the skin. The germ can be transferred to other parts of the body. Sometimes this germ becomes strong enough to resist the treatment of Methicillin, Penicillin and other antibiotics.

### How do I get CA-MRSA and how is it spread?

CA-MRSA is generally spread by physical contact:

- Skin-to-skin contact
- Touching contaminated items or surfaces
- Crowded conditions, like gyms or play areas
- Improper hygiene
- Skin abrasions and cuts
- Indwelling medical devices, like an IV



*CA-MRSA infection*

## CONTROL

### CA-MRSA Treatment

See your healthcare provider if you think you may have a skin infection, including CA-MRSA. When necessary, antibiotics may be used to treat CA-MRSA infections. In order to properly treat CA-MRSA, take your antibiotics exactly as prescribed. Saving or sharing antibiotics may prolong or worsen CA-MRSA.

## PREVENT

A few simple steps can help you reduce your chance of contracting CA-MRSA.

### Good Personal Hygiene

- Keep your hands clean by washing with soap and water or using an alcohol-based hand sanitizer
- Do not share personal items, like towels, soap, wash clothes, razors, makeup or clothing



### Wound Care

- Seek care immediately at the first signs of infection (red, swollen, painful, warm or puss-filled wounds)
- Keep cuts and scrapes clean and covered with dressings
- Follow your healthcare providers instructions on proper wound care
- Dispose of used bandages
- Avoid contact with other people's wounds or bandages



### Laundry

Wash clothes, towels and sheets at the hottest suitable temperature. Items should be dried in the dryer at the hottest suitable temperature.

### Cleaning

Clean and disinfect high-touch or soiled surfaces frequently.